



Exercise guidance in small groups

Do you feel like you don't get enough regular exercise? Do you feel like you need support and information to help you start a healthier lifestyle?

The goal of exercise guidance is to provide you with more information about exercise and its health benefits. Other factors that affect your wellbeing are also discussed during sessions, such as the significance of nutrition and sleep. The group goes out to exercise together during guidance sessions.

**Let's make exercise
fun and easy!**



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Helsinki Sports Services organises exercise guidance in small groups of 3–8 people. The programme lasts about three months and includes two personal meetings with a sports instructor and four group sessions. Please make sure you can commit to attending the whole programme. The service is free of charge.

The service is offered in plain Finnish and in English. Both all-female groups and groups open to everyone are available. If you are interested in group-based exercise guidance and are motivated to improve your lifestyle, contact our sports instructors and register for the programme!

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